

HAND IN GLOVE

First, make sure gloves fit comfortably. Then choose the right glove for the hazard.

- ✎ Wear insulated or leather gloves for heat and cold. Fabric should be fire-retardant for open flame, reflective for radiant heat.
- ✎ Wear insulated rubber gloves for electricity.
- ✎ Wear metal mesh or other cut-resistant gloves to handle sharp objects.
- ✎ Wear leather gloves for rough surfaces.
- ✎ Wear fabric gloves for slippery objects.
- ✎ Wear neoprene or nitrile rubber gloves for corrosives.
- ✎ Check the MSDS to select gloves for working with chemicals.
- ✎ Consider hand pads for heat, roughness, and splinters.
- ✎ Use thumb or finger guards or tapes for extra protection on dangerous jobs.
- ✎ Use long cuffs, wristlets, or duct tape to keep chemicals or heat out of gloves.
- ✎ Use barrier creams to help protect the skin from chemicals when gloves aren't practical.

CHEMICAL-PROTECTIVE GLOVE CARE

Take these precautions:

- ✎ Inspect before use to ensure gloves are clean and have no rips or holes.
- ✎ Bandage small cuts or scrapes before putting on gloves.
- ✎ Rinse gloves before removing them.
- ✎ Clean gloves before storing them.
- ✎ Store gloves in a cool, dark, dry place, right-side out, with cuffs unfolded.
- ✎ Wash hands frequently and thoroughly with soap and water or skin cleanser—not solvents or industrial detergents—after working with chemicals.



Highest incidence of workplace hand injuries: the guy who puts rubber bands on lobster claws.

THANKSGIVING RIDDLES

- 1). What is the key to a good Thanksgiving dinner?
- 2). What are unhappy cranberries called?
- 3). What do you get when you cross a turkey with a centipede?
- 4). Why did the turkey cross the road?

Answers on page 2 in **Safety Bits and Pieces**

Safety Matters



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Give Yourself a Hand!

Protect your hands on the job

We use our hands so constantly that we take them for granted. Unfortunately, because we take them for granted, hands and fingers are among the most frequently injured parts of the body. The National Safety Council reports that in a recent year there were 530,000 disabling hand and finger injuries.

Most hand and finger injuries fall into these categories:

- ➔ **Traumatic injuries** range from cuts and punctures to broken bones to amputation. Many cuts or punctures are minor, but if they go through the skin they can sever nerves, tendons, or ligaments. They can also get infected.
- ➔ **Contact injuries** are usually skin diseases or burns that can result from direct contact with hot or cold objects, or with chemicals, detergents, or metals.
- ➔ **Dermatitis.** Symptoms like swelling, itching, rash, burning, or blisters can be bad enough to make it impossible for you to work. Dermatitis often shows up immediately after contact with a chemical, but sometimes it takes a while to develop an allergic-type reaction. Once you have this kind of sensitization, you usually can't get near that chemical again.

Follow these safety basics to protect your hands:

- ✎ Follow manufacturer's and employer's instructions for using tools and equipment.
- ✎ Feed materials into moving machinery with a push stick, not your hands.
- ✎ Keep your hands away from moving machine parts.
- ✎ Always cut away from your body.
- ✎ Store tools so no sharp edges are exposed.
- ✎ Use brushes, not hands, to sweep up metal or wood chips.
- ✎ Check materials for sharp edges, burrs, splinters, etc., before handling them.
- ✎ Make sure you know how hot or cold an object is before handling it.
- ✎ Wipe off greasy or slippery objects before handling them.
- ✎ Lift an object so your hands are not near the pinch points.
- ✎ Put materials down carefully so you don't mash your fingers.
- ✎ Use the right tool for the job and use it correctly.
- ✎ Pass tools to other workers, handle first. Never throw tools.

SAFETY TIP OF THE MONTH

To help someone who is choking, remember "FIVE-and-FIVE Can Keep Them Alive." First, ask the person if they are able to breathe and if you can help. Once you know the person is unable to cough, speak or breathe, have someone call 9-1-1 or your local emergency number, lean the person forward and give FIVE sharp back blows with the heel of your hand. If the obstruction isn't dislodged, give the person FIVE quick, upward abdominal thrusts. If you are alone, you can perform abdominal thrusts on yourself, just as you would on someone else. Thrusts can also be administered by pressing your abdomen firmly against an object such as the back of a chair.

Safety Bits & Pieces

INSURANCE COVERAGE OFFICE(ICO)

Did you know that every policy insuring a motor vehicle in the State of Delaware must have coverage for personal injury protection benefits (PIP)? These benefits fall into the following categories:

- 1). Compensation for medical, hospital, dental, surgical, medicine, x-rays, ambulance, prosthetic service and professional nursing.
- 2). Compensation for funeral services, including all customary charges and the costs of a burial plot for one person.
- 3). Net amount of lost earnings, including lost earnings of a self-employed person.
- 4). Compensation for extra expenses for personal services which would have been performed by the injured person had they not been injured.

All of these benefits are administered by the Insurance Coverage Office when a state insured vehicle is involved in a collision.

THANKSGIVING FOOD SAFETY

- ➔ Stuffing the turkey is not recommended. Cook the stuffing separate.
- ➔ Every part of the turkey should reach a minimum internal temperature of 165 degrees Fahrenheit, even if the turkey has a pop-up temperature indicator.
- ➔ Stuffing and any dish containing eggs should be cooked to reach an internal temperature of 165 degrees.
- ➔ Let the turkey stand for 20 minutes before carving to allow juices to set.

CELL PHONES DISTRACT

Drivers are far more distracted by talking on a cell phone than by conversing with a passenger in an automobile. That's a conclusion of a new study by University of Utah psychologists.

The study, which used a sophisticated driving simulator, found that drivers on cell phones drift out of their lanes and miss exits more frequently than drivers talking with someone in the car. The findings were published in a recent issue of the *Journal of Experimental Psychology: Applied*.

"The passenger adds a second set of eyes, and helps the driver navigate and reminds them where to go," said co-author David Strayer. Previous studies by the Utah scientists found that hands-free phones were just as distracting as hand-held models because the conversation is the biggest distraction. They conclude that drivers talking on cell phones are as impaired as those with the 0.08 percent blood-alcohol level that defines drunk driving in most states.

Thanksgiving Riddles Answers

- 1). The turKEY!
- 2). Blueberries.
- 3). Lots of drumsticks.
- 4). It was the chicken's day off!!

Winter Wonderland

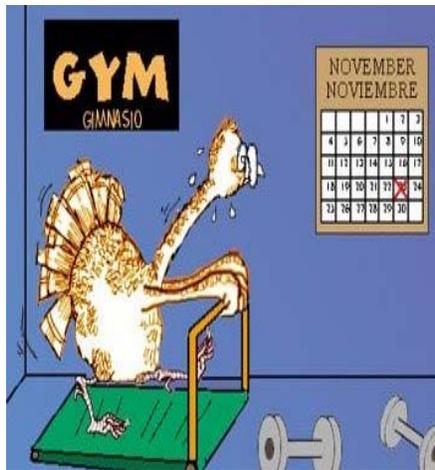
... or winter hazard trap?

Winter Hazard Awareness Week is held every November to remind Americans to follow winter safety tips. For example, preventing slips and falls is a major concern when outdoor surfaces are wet or icy and slippery under foot.

Take these steps to keep your steps secure in slippery conditions:

- **Wear appropriate footwear** with nonslip soles on wet, icy, or snowy days.
- **Take extra care when walking on wet, icy, or snow-covered walkways.** Walk slowly and slide your feet on slippery surfaces. Take baby steps. Avoid turning sharply when on a slippery surface.
- **Hold onto the railing** when using outdoor stairways.
- **Be especially careful when carrying packages,** equipment, and materials.
- **Wipe your feet when entering a building** so that your wet soles won't cause you to slip on indoor flooring.
- **Limit your injuries if you slip** and start to fall by bending your elbows and knees and using your legs and arms to absorb the fall. Or roll into the fall, if that's more appropriate.

ON THE LIGHTER SIDE



QUOTATION OF THE MONTH

"Life isn't a matter of milestones but of moments." Rose Fitzgerald Kennedy

SAFETY TIDBITS

While cars are a very safe place to be in an electrical storm, it is not the tires that protect you! This is a very common misconception. It is actually the metal that is surrounding you that affords the protection. This is due to something called the Skin Effect, which says that electricity, like lightning, will travel only on the surface of enclosed metal objects. So while your car may be hit by lightning, as long as you stay inside, you are safe. This is of course provided that you have a metal car that is not a convertible. Incidentally, your tires would have to be about a mile thick and made of solid rubber to afford you adequate protection.

Winter Driving

Better late than sorry

It may take longer to arrive at your destination during the winter months, but it's worth it to arrive safely. Do so by following these safe winter driving tips:

- Ⓜ **Carry snow and ice removal equipment** and traction materials in your vehicle, including a container of sand or cat litter for traction; an ice scraper, snow brush, and snow shovel; and a blanket to keep warm while waiting for help after a breakdown.
- Ⓜ **Clear snow and ice off windshield,** windows, hood, roof, and lights before driving.
- Ⓜ **Use windshield wipers and defroster** to keep windows clear while driving.
- Ⓜ **Reduce speed** and stay at least 4 seconds behind the driver in front in wet, icy, or snowy conditions.
- Ⓜ **Brake gradually,** maintaining steady pressure on your antilock brakes to slow down.
- Ⓜ **Watch out for icy patches.** Bridges tend to ice up faster than other road surfaces. Shady spots stay icy longer. Winter roads are most dangerous when the temperature is just above freezing, since ice and snow melt, leaving a wet surface on top that is especially slippery.
- Ⓜ **Take your foot off the gas** if you start to skid, and steer gently into the skid. Keep your foot off the brake.
- Ⓜ **Watch out for other drivers.** Many people drive poorly in snow or ice.